



# SHORT PRAYER BOOK

---

BY TI-RATANA YOUTH  
BUDDHIST SECTION

# PUBLICATION NOTICE



## Short Prayer Book

Publication of Ti-Ratana Youth Buddhist Section

17, Lorong Maarof  
59000 Bangsar, Kuala Lumpur

+6011 3014 0726 (WhatsApp Only)

[youth@ti-ratana.org](mailto:youth@ti-ratana.org)

[www.youth.ti-ratana.org](http://www.youth.ti-ratana.org)

Published for free distribution.

Permission to reprint physically or redistribute online for free distribution can be obtained upon request.

Editions published

March 2023

March 2026

Bangsar | Puchong | Klang | Seri Kembangan  
Cheras | Petaling Jaya | Bentong

ISBN: Not yet obtained

# INTRODUCTION

**At Ti-Ratana Youth, we believe that we, the youth of today are the very essence of tomorrow. Who we are tomorrow is the outcome of how they are raised and nurtured today.**

**As a Buddhist Youth Organization, through faith, wisdom, and compassion we go above and beyond to provide our youth an empowering environment where they can fully embrace their identity and gain all the skills they need to be leaders tomorrow.**

**Our goals are to make the world a better place today for a better tomorrow through the Buddha Dhamma.**

**Ti-Ratana Youth Buddhist Section is a section of Ti-Ratana Buddhist Society Kuala Lumpur & Selangor. (PPM024-14-27062018)**

**Ti-Ratana Buddhist Society was not involved in the creation or publication of this book, and all content was checked and edited by members of the Ti-Ratana Youth Buddhist Section.**

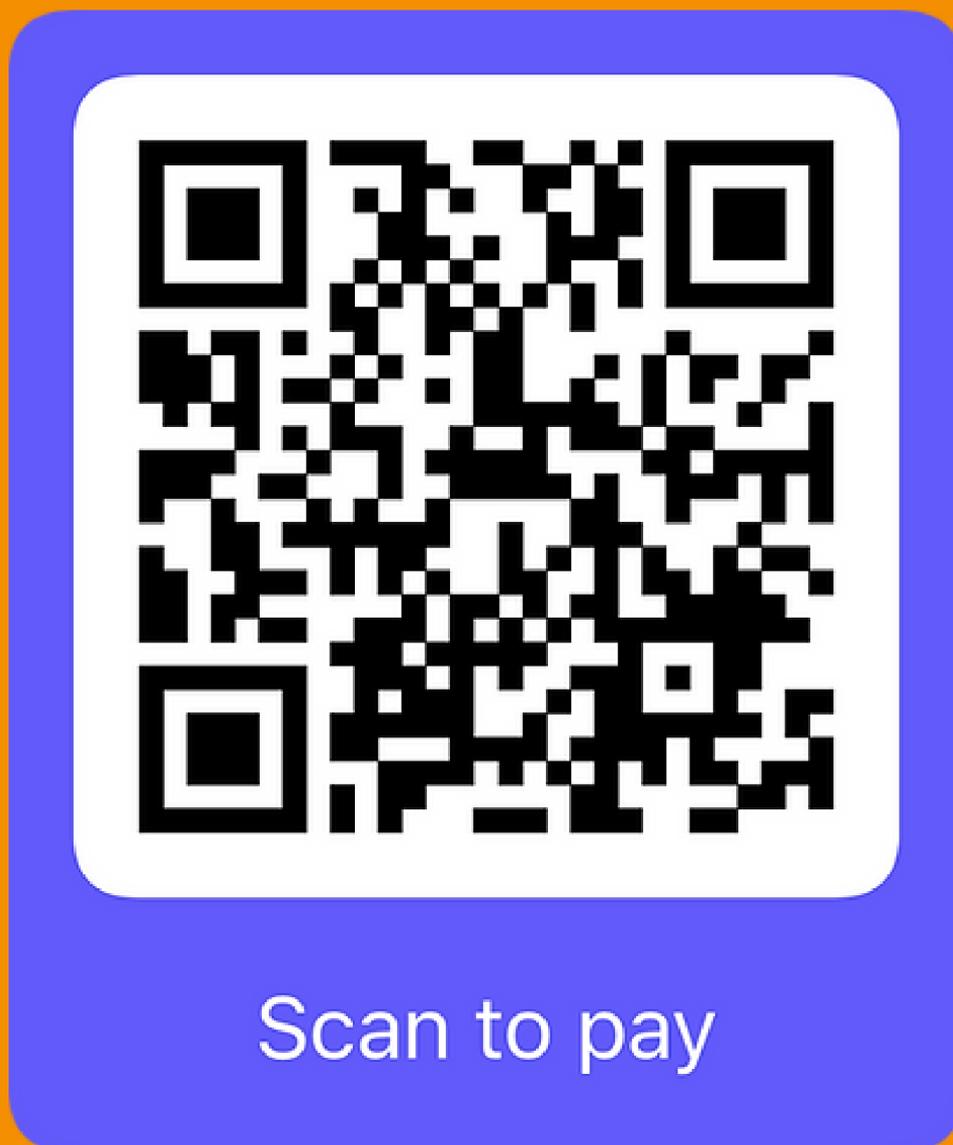
**Ti-Ratana Buddhist Society was founded in 1999 by Ven Datuk Dr. K Sri Dhammaratana Nayaka Maha Thero, the Buddhist Chief High Priest of Malaysia.**

# SUPPORT US

You can join us as a committee, sub-committee or volunteer! We organize Dhamma Talks, Puja Services, Wesak & Kathina Celebrations and other Buddhist festival celebrations. We also have our annual Sayonara Youth Camp.

We also organize non-religious events like movie nights, karaoke sessions, sports sessions and more that raise funds for our Dhammaduta activities.

Contact us for more information!



Scan to donate to us with your phone's camera. You can donate with debit/credit card, GrabPay and Apple Pay as of the date of publication of this book.

# CONTENTS

## Page

### Theravada Texts

- 3 Taking Refuge in the Triple Gem
- 4 The Five Precepts
- 5 Salutation to the Triple Gem
- 9 Offerings
- 12 Other Prayers
- 15 Inviting the Devas
- 17 The Buddha's Words (Suttas)

### Mahayana Texts

- 20 The Great Compassion Mantra
- 22 The Heart Sutra
- 27 Aspiration / Merits

### Non-Traditional Texts

- 28 Dedication of Place of Practice
- Meal Prayer
- The Buddha's Creed

# **SPONSORS**

**This book is published online for free distribution, under the Creative Commons.**

**(Digital PDF Version)**

**Homage to Shakyamuni /  
Gautama Buddha**

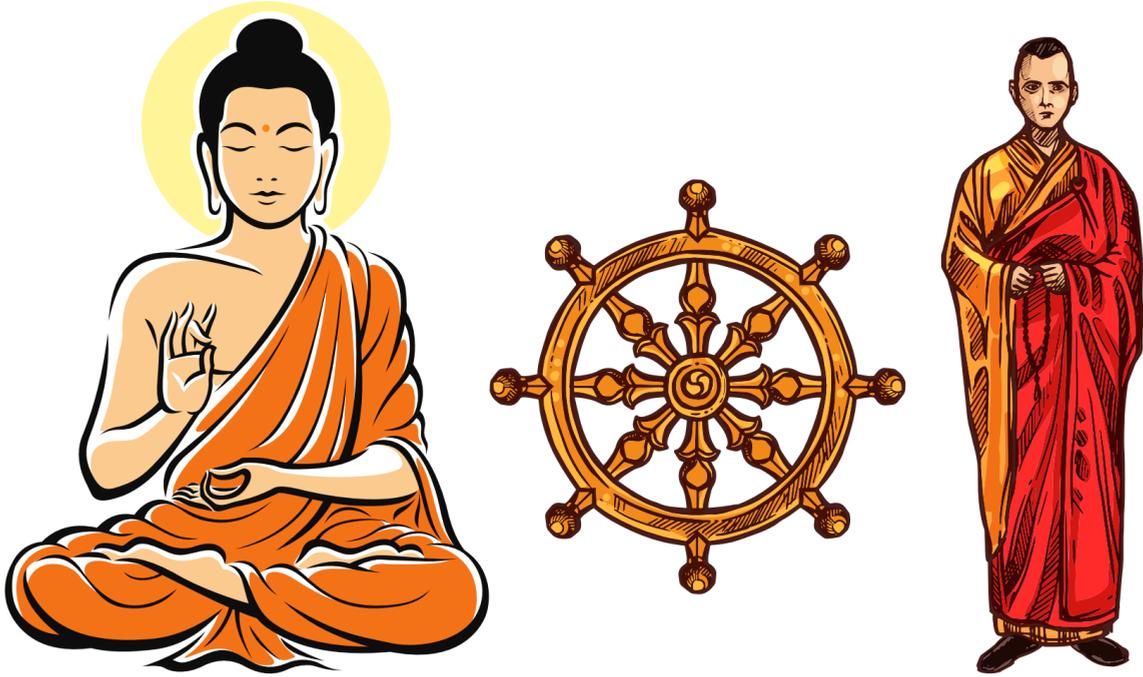


**HONOR TO HIM  
THE BLESSED ONE  
THE WORTHY ONE  
THE FULLY  
ENLIGHTENED ONE**

***Namo Tassa Bhagavato Arahato  
Sammā-sambuddhassa***

**repeat thrice**

# Taking Refuge in the Holy Triple Gem



**I take refuge in the Holy  
Triple Gem - in the Buddha,  
Dhamma and Sangha.**

***Buddhaṃ saraṇaṃ gacchāmi  
Dhammaṃ saraṇaṃ gacchāmi  
Saṅghaṃ saraṇaṃ gacchāmi***

***Dutiyam pi Buddhaṃ saraṇaṃ gacchāmi  
Dutiyam pi Dhammaṃ saraṇaṃ gacchāmi  
Dutiyam pi Saṅghaṃ saraṇaṃ gacchāmi***

***Tatiyam pi Buddhaṃ saraṇaṃ gacchāmi  
Tatiyam pi Dhammaṃ saraṇaṃ gacchāmi  
Tatiyam pi Saṅghaṃ saraṇaṃ gacchāmi***

# The Five Precepts



**I undertake the five precepts - to abstain from destroying life, to abstain from taking things not given, to abstain from sensual misconduct, to abstain from harmful speech, to abstain from over intoxication.**

**I will try to practice compassion, generosity, contentment, honesty, and mindfulness.**

*Pāṇāti-pātā veramaṇī sikkhāpadaṃ samādiyāmi*  
*Adinnā dānā veramaṇī sikkhāpadaṃ samādiyāmi*  
*Kāmesu micchā-cārā veramaṇī sikkhāpadaṃ samādiyāmi*  
*Musāvādā veramaṇī sikkhāpadaṃ samādiyāmi*  
*Surā meraya-majja-pamā-daṭṭhānā veramaṇī sikkhāpadaṃ*  
*samādiyāmi*

# Salutation to the Triple Gem

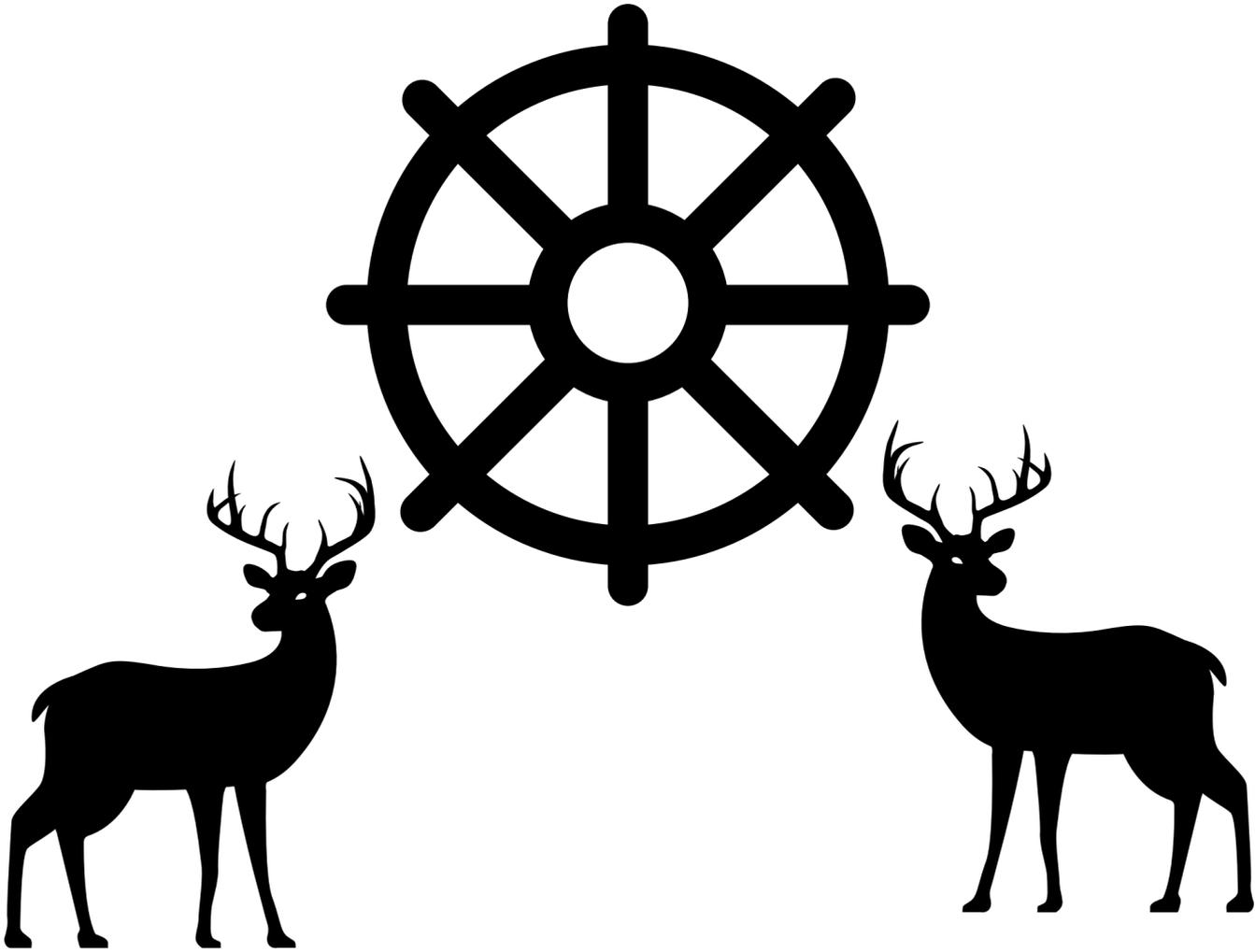
## Salutation to the Buddha



**Such indeed is the Blessed One, Exalted, Omniscient, Endowed with knowledge and virtues. Well gone, Knower of the worlds, a guide incomparable for the training of individuals. Teacher of gods and men, enlightened and Holy.**

*Iti pi so Bhagavā Arahaṃ  
Sammā sambuddho  
Vijjā-caraṇa-sampanno  
Sugato lokavidū  
Anuttaro Purisa-damma-sārathi  
Satthā Deva-manussānaṃ  
Buddho Bhagavā ti*

# Salutation to the Dhamma



**Well-expounded is the Dhamma by the  
Blessed One, To be self-realised; to be  
explored, come and see for yourself, capable  
of being entered upon. To be attained by the  
wise, each for himself.**

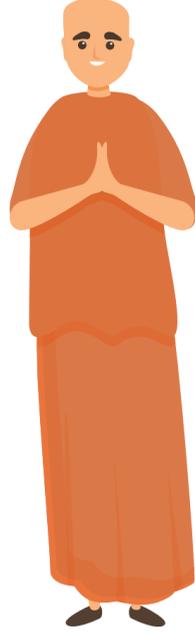
***Svākkhāto Bhagavatā Dhammo***

***Sandiṭṭhiko Akāliko***

***Ehipassiko Opanayiko***

***Paccattaṃ veditabbo viññūhī ti***

# Salutation to the Sangha



**Of good conduct is the Order of the Disciples of the Blessed One. Of upright conduct is the Order of the Disciples of the Blessed one. Of wise conduct is the Order of the Disciples of the Blessed One. Of dutiful conduct is the Order of the Disciples of the Blessed One. This order of the Disciples of the Blessed One, namely, these four pairs of persons, the eight kinds of individuals, is worthy of offerings, is worthy of hospitality, is worthy of gifts, is worthy of reverential salutations, is an incomparable field of merits to the world.**

*Supaṭipanno Bhagavato sāvaka saṅgho  
Uju paṭipanno Bhagavato sāvaka saṅgho  
Ñāya paṭipanno Bhagavato sāvaka saṅgho  
Sāmīci paṭipanno Bhagavato sāvaka saṅgho  
Yadidaṃ cattāri-purisa-yugāni  
Aṭṭha-purisa- puggalā  
Esa Bhagavato sāvaka saṅgho  
Āhuneyyo Pāhuneyyo Dakkhiṇeyyo Añjalikaraṇīyo  
Anuttaraṃ puñṇak-khettaṃ lokassā ti*

# Offerings

## Offering of Light



**With lights brightly shining, abolishing this gloom, I adore the Enlightened One, who dispels the darkness of ignorance.**

*Ghana sārappadittena  
Dīpena tamadhaṃsinā  
Tiloka dīpaṃ sambuddhaṃ  
Pūjayāmi tamo nudaṃ*

## Offering of Flowers



**This mass of flowers, fresh hued, fragrant and choice, I offer at the sacred lotus-like feet of the Noble Sage.**

*Vaṇṇa gandha guṇopetaṃ  
Etaṃ kusuma santatiṃ  
Pūjayāmi munindassa  
Sirīpāda saroruhe*

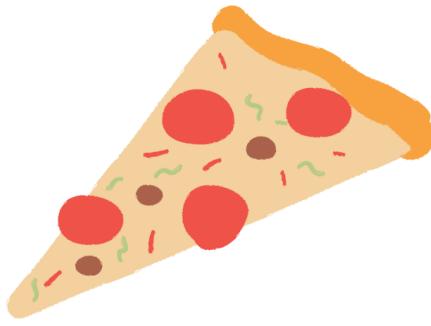
# Offering of Water



**O Lord ! The Blessed One, may this water,  
be kindly accepted by you, out of great  
compassion for us.**

*Adhivāsetu no bhante  
Pānīyaṃ parikappitaṃ  
Anukampaṃ upādāya  
Patigaṇhātu uttama*

# Offering of Food



**O Lord ! The Blessed One, may this food,  
be kindly accepted by you, out of great  
compassion for us.**

*Adhivāsetu no bhante  
Bhojanaṃ parikappitaṃ  
Anukampaṃ upādāya  
Patigaṇhātu uttama*

# Offering of Medicinal Drinks



**O Lord ! The Blessed One, please accept these medicinal drinks, as an offering to Thee, out of great compassion for us.**

*Adhivāsetu no bhante  
Gilāna paccayaṃ imaṃ  
Anukampaṃ upādāya  
Patigaṇhātu uttama*

# Offering of Incense



**With perfumed incense, made from fragrant substances, I honour the Exalted One, worthy of respect, and worthy of offerings.**

*Gandha sambhāra yuttena  
Dhūpenāhaṃ sugandhinā  
Pūjaye pūjanīyaṃ taṃ  
Pūjā bhājana muttamaṃ*

# Other Prayers

## Inviting Devas for Merit Making



**May all beings inhabiting space and earth,  
Devas and Nagas of mighty power, share  
this merit and may they long protect the  
dispensation.**

*Ākāsaṭṭhā ca bhumaṭṭhā  
Devā nāgā mahiddhikā  
Puññaṃ taṃ anumoditvā  
Ciraṃ rakkhantu lokasāsanam*

## Blessing to the World



**May the rain fall at suitable times, for the  
successful production of crops, and may  
the world be prosperous, and may the  
rulers be righteous.**

*Devo vassatu kālena  
Sassa-sampatti hetu ca  
Phīto bhavatu loko ca  
Rājā bhavatu dhammiko*

# Dedication of Merits



**Let this merit accrue to our (my) departed relatives, and may they be happy. May my merits lead to the eradication of all defilements! May I be free from all suffering.**

*Idaṃ vo (mē) ñātīnaṃ hotu  
Sukhitā hontu ñātayo  
Idam me puññaṃ  
Asavakkhayā vham hotu  
Sabba dukkhā pamuñcatu*

## Aspiration



**By the grace of this merit that I have acquired, may I never follow the foolish; but only the wise, until I attain the final goal - Nibbāna.**

*Iminā puñña kammaṇa  
Mā me bāla samāgamo  
Sataṃ samāgamo hotu  
Yāva nibbāna pattiyā*

# Homage to the Holy Relics

I show my humble reverence: to  
all the stupas, in all of the places  
that they stand. The Holy relics,  
the Great Bodhi Tree, and all the  
Buddha rupas forever.

*Vandāmi cetiyam̐ sabbam̐  
Sabbathānēsu patit̐thitam̐  
Sārīrika dhātu mahā bōdhiṃ  
Buddharūpaṃ sakalam̐ sadā.*

# Forgiveness of Shortcomings



If by deeds, speech or thought heedlessly,  
I have done anything wrong, forgive me,  
O Master! O Teacher, most wise.

*Kāyena vācā cittena  
Pamādena mayā katham̐  
Accayaṃ khama me bhante  
Bhūri-pañña Tathāgata*

# Invitation to the Devas to listen to Sutta Chanting



**From all around the galaxies, may the devas come here. May they listen to the True Dhamma of the King of Sages, leading to heaven & emancipation.**

**It is now time to hear the verses of protection! It is now time to hear the verses of protection! It is now time to hear the verses of protection!**

*Samantā cakkavāḷesu  
Atr'āgacchantu devatā.  
Saddhammaṃ muni-rājassa  
Suṇantu sagga-mokkhadaṃ.  
Parittassavaṇakālo ayaṃ bhadantā!  
Parittassavaṇakālo ayaṃ bhadantā!  
Parittassavaṇakālo ayaṃ bhadantā!*

# Invitation to the Devas to listen to Dhamma



**From all around the galaxies, may the devas come here. May they listen to the True Dhamma of the King of Sages, leading to heaven & emancipation. It is now time to listen to the Dhamma! It is now time to listen to the Dhamma! It is now time to listen to the Dhamma!**

*Samantā cakkavāḷesu  
Atr'āgacchantu devatā.  
Saddhammaṃ muni-rājassa  
Suṇantu sagga-mokkhadaṃ.  
Dhammassavaṇakālo ayaṃ bhadantā!  
Dhammassavaṇakālo ayaṃ bhadantā!  
Dhammassavaṇakālo ayaṃ bhadantā!*

# The Buddha's Words (Suttas)

## The Buddha's Words on Loving Kindness (Metta Sutta)

He who is skilled in doing good and who wishes to attain that state of calm (i.e. Nibbāna) should act thus. He should be able, upright, perfectly upright, obedient, gentle and humble.

Contented, easily looked after, (i.e. not a burden to others) with few duties, simple in livelihood. Controlled in senses, discreet, not impudent; not greedily attached to families.

He should not commit any slight wrong, so that other wise men might find fault in him. May all beings be happy and safe, may their hearts be wholesome.

*Karaṇīyam' atthakusalena  
Yaṃ taṃ santaṃ padaṃ abhisamecca  
Sakko ujū ca sūjū ca  
Suvaco c'assa mudu anatimāni*

*Santussako ca subharo ca  
Appakicco ca sallahuka-vutti  
Santindriyo ca nipako ca  
Appagabbho kulesu ananugiddho*

*Na ca khuddaṃ samācare kiñci  
Yena viññū pare upavadeyyuṃ  
Sukhino vā khemino hontu  
Sabbe sattā bhavantu sukhitattā*

**Whatsoever living beings there are, feeble  
or strong, long, stout or medium, short,  
small or large.**

**Seen or unseen those dwelling far or near,  
those who are born and those who are to be  
born. May all beings, without exception, be  
well and happy.**

**Let not one deceive another nor despise any  
person whatsoever in any place. In anger or  
ill will, let him not wish any harm to another.**

*Ye keci pāṇabhūtatthi  
Tasā vā thāvarā vā anavasesā  
Dīghā vā ye mahantā vā  
Majjhimā rassakāṇuka-thūlā*

*Diṭṭhā vā yeva addiṭṭhā  
Ye ca dūre vasanti avidūre  
Bhūtā vā sambhavesī vā  
Sabbē sattā bhavantu sukhittā*

*Na paro paraṃ nikubbetha  
Nātimaññetha katthacinaṃ kañci  
Byārosanā paṭighasaññā  
Nāññamaññassa dukkhamiccheyya*

**Just as a mother would protect her only child  
at the risk of her own life, even so let him  
cultivate a boundless heart towards all beings.**

**Let thoughts of boundless love pervade the  
whole world; above, below and across without  
any obstruction, without any hatred, without  
any enmity.**

**Whether he stands, walks, sits or  
lies down, as long as he is awake, he should  
develop this mindfulness. This, they say, is  
the highest conduct here.**

*Mātā yathā niyaṃ puttaṃ  
Āyusā ekaputtam' anurakkhe  
Evampi sabbabhūtesu  
Mānasaṃ bhāvaye aparimāṇaṃ*

*Mettañ ca sabba-lōkasmīṃ  
Mānasaṃ bhāvayē aparimāṇaṃ  
Uddhaṃ adho ca tiriyañ ca  
Asambādhaṃ averaṃ asapattaṃ*

*Tiṭṭhaṃ caraṃ nisinno vā  
Sayāno vā yāvat'assa vigatamiddho  
Etaṃ satiṃ adhiṭṭheyya  
Brahmametaṃ vihāraṃ idhamāhu*

**Not falling into error, Virtuous and  
endowed with insight, He discards  
attachment to sensuous desires.  
Truly, he does not come again; to  
be conceived in a womb.**

**By the Truth of this word May you  
(I) ever be well.**

**By the Truth of this word May you  
(I) ever be well.**

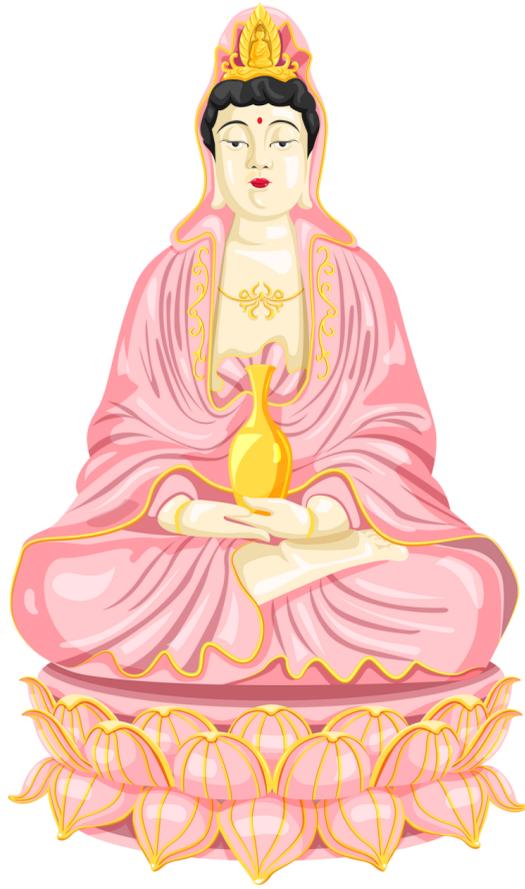
**By the Truth of this word May you  
(I) ever be well.**

***Diṭṭhiñ ca anupagamma sīlavā  
Dassanena sampanno  
Kāmesu vineyya gedhaṃ  
Nahi jātu gabbhaseyyaṃ punaretī 'ti***

***Etena saccavajjena, sotthi te (me) hōtu sabbadā  
Etena saccavajjena, sotthi te (me) hōtu sabbadā  
Etena saccavajjena, sotthi te (me) hōtu sabbadā***

# The Great Compassion Mantra

Maha Karuna Dharani



**Namo Guan Yin Bodhisattva of Great Compassion  
Namo Avalokiteshvara Bodhisattva  
(repeat thrice)**

**Namo Ratna Trayaya Nama Arya Jyana  
Sagara Vairochana Byuhara Jaya Tathagataya  
Arahate Samyaksam Buddhaya  
Namah Sarwa Tathagate  
Bhayh Arahatda Bhayh  
Samyaksam Buddhe  
Bhayh Namah Arya Awalokite  
Shoraya Bohisatwaya  
Mahasatwaya Maha Karunikaya  
Tatyata Om Dhara Dhara Dhiri Dhiri Dhuru Dhuru  
Iti Wit Je Chalee Chalee Purachale Purachale  
Kusume Kusama Wa Re Ili Mili Chiti Jwala  
Mapanaya Soha**

ná mó · hé là dá nā · duō là yè yē ná mó · ā lì yē  
pó lú jié dì ·shuò bō là yē pú tí sà duǒ pó yē  
mó hē sà duǒ pó yē mó hē jiā lú ní jiā yē  
an sà pó là fá yè

shù dá nā dá xià ná mó xī jí lì duǒ·yī méng ā lì yē  
pó lú jí dì·shì fó là léng tuó pó ná mó·nā là jǐn chí  
xī lì mó hē pó duō shā miē sà pó ā tuō·dòu shū péng  
ā shì yùn sà pó sà duō·ná mó pó sà duō·ná mó pó qié

mó fá tè dòu dá zhí tuō an ·ā pó lú xī  
lú jiā dì jiā luó dì yí xī lì mó hē pú tí sà duǒ  
sà pó sà pó mó là mó là mó xī mó xī·lì tuó yùn  
jù lú jù lú·jié méng dù lú dù lú·fá shé yē dì

mó hē fá shé yē dì tuó là tuó là dì lì ní  
shì fó là yē zhē là zhē là mó mó·fá mó là  
mù dì lì yī xī yī xī shì nā shì nā  
ā là shān·fó là shě lì fá shā fá shān fó là shě yē

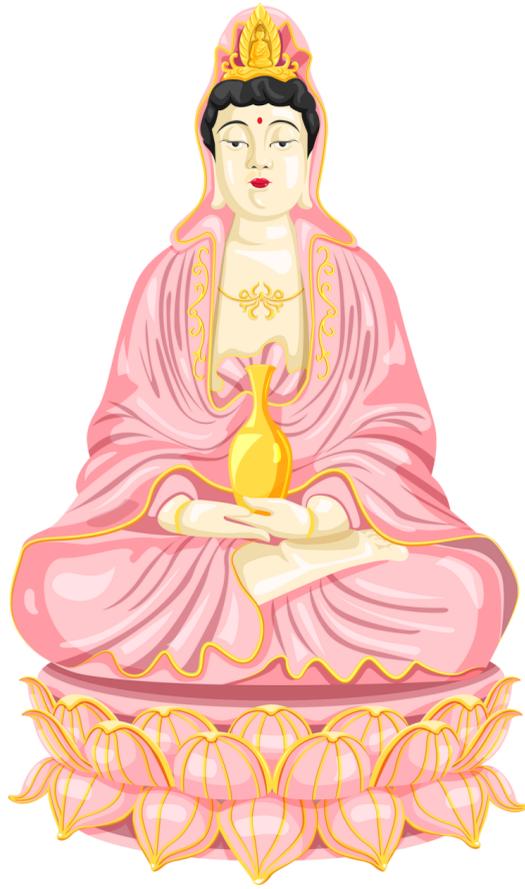
hū lú hū lú mó là hū lú hū lú xī lì  
suō là suō là xī lì xī lì sū lú sū lú  
pú tí yè·pú tí yè pú tuó yè·pú tuó yè  
mí dì lì yè nā là jǐn chí dì lì sè ní nā

pó yè mó nā sā pó hē xī tuó yè sā pó hē  
mó hē xī tuó yè sā pó hē  
xī tuó yù yì shì pó là yē sā pó hē  
nā là jǐn chí sā pó hē mó là nā là sā pó hē  
xī là sēng·ā mù qié yē sā pó hē  
sā pó mó hē·ā xī tuó yè sā pó hē  
zhě jí là·ā xī tuó yè sā pó hē  
bō tuó mó·jié xī tuó yè sā pó hē  
nā là jǐn chí·pó qié là yē sā pó hē  
mó pó lì·shèng jié là yè sā pó hē

ná mó ·hé là dá nā ·duō là yè yē ná mó ·ā lì yē  
pó lú jié dì ·shuò bō là yē  
sā pó hē an·xī diàn dū  
màn duō là bá tuó yē sā pó hē

# **The Heart Sutra**

## **Prajnaparamita Hridaya Sutra**



**Namo Guan Yin Bodhisattva of Great Compassion**  
**Namo Avalokiteshvara Bodhisattva**  
**(repeat thrice)**

**Om namo bhagavatyai aryaprajnaparamitayai**

**Aryavalokitesvara Bodhisattva gambhiram**  
**prajnaparamita caryam caramano,**  
**Vyavalokayati sma panca-skandhas tams ca**  
**svabhavasunyan pasyati sma.**

**Iha, sariputra rupam sunyata sunyataiva rupam,**  
**rupan na prthak sunyata sunyataya na prthag rupam.**

**Yad rupam sa sunyata ya sunyata tad rupam.**

**Evam eva vedanasamjnasamskaravijnanam. Iha,**  
**sariputra sarvadharmah sunyatalaksana anutpanna**  
**aniruddha amala avimala anuna aparipurnah.**

**Tasmac, Shariputra sunyatayam na rupam, na vedana, na samjna, na samskarah, na vijnanam, na caksuhsrotraghranajihvakayamanamsi, na rupasabdagandha rasasprastavyadharmah, na caksurdhatur, yavan na manovijnanadhatuh, navidya, navidyaksayo yavan na jaramaranam, na jaramaranaksayo, na duhkhasamudayanirodhamarga, na jnanam, na praptir napraptih.**

**Tasmac, Shariputra apraptitvad bodhisattvasya prajnaparamitam asritya viharaty acittavarana cittavarananastitvad atrasto, viparyasatikranto nisthanirvana praptah tryadhvavyavasthitah sarvabuddhah prajnaparamitam asrityanuttaram samyaksambodhim abhisambuddhah.**

**Tasmaj jnatavyam prajnaparamita - mahamantro mahavidyamantro nuttaramantro samasamamantrah. Sarvaduukkhaprasamanah satyamamithyatvat. Prajnaparamitayam ukto mantrah tadyatha:**

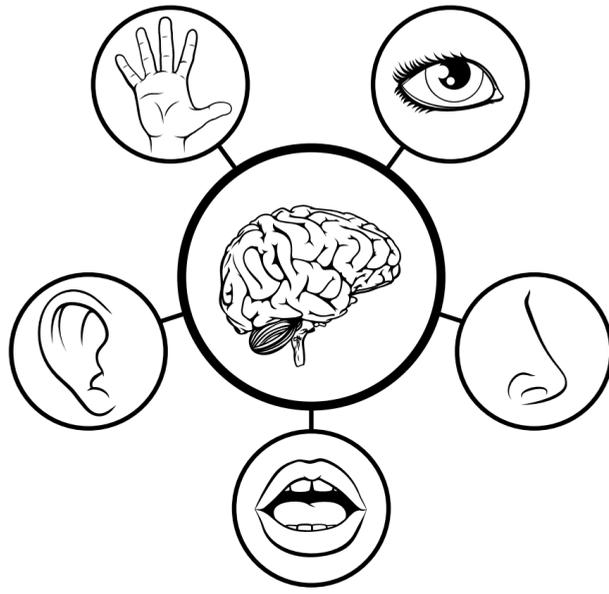
**Gate gate paragate parasamgate bodhi svaha - iti prajnaparamitahrdayam samaptam.**



**When Avalokiteshvara Bodhisattva was practicing the profound prajna paramita, he illuminated the five skandhas and saw that they are all empty, and he crossed beyond all suffering and difficulty.**

**Sariputta, form does not differ from emptiness; emptiness does not differ from form. Form itself is emptiness; emptiness itself is form. So, too, are feeling, cognition, formation, and consciousness.**

**Sariputta, all Dhammas are empty of characteristics. They are not produced. Not destroyed, not defiled, not pure, and they neither increase nor diminish.**



**Therefore, in emptiness there is no form, feeling, cognition, formation, or consciousness; no eyes, ears, nose, tongue, body, or mind; no sights, sounds, smells, tastes, objects of touch, or Dharmas; no field of the eyes, up to and including no field of mind-consciousness; and no ignorance or ending of ignorance, up to and including no old age and death or ending of old age and death.**

**There is no suffering, no accumulating, no extinction, no way, and no understanding and no attaining. Because nothing is attained, the Bodhisattva, through reliance on prajna paramita, is unimpeded in his mind. Because there is no impediment, he is not afraid, and he leaves distorted dream-thinking far behind.**

**Ultimately Nirvana!**



**All Buddhas of the three periods of time attain  
Anuttarasamyaksambodhi  
(Enlightenment) through reliance on prajna  
paramita.**

**Therefore, know that prajna paramita is a great  
spiritual mantra, a great bright mantra, a  
supreme mantra, an unequalled mantra. It can  
remove all suffering; it is genuine and not false.  
That is why the mantra of prajna paramita was  
spoken.**

**Recite it like this:**

**Gate gate paragate parasamgate bodhi svaha!  
Maha Prajna Paramita!**

# **Aspiration**

**I vow to eradicate the three obstructions and all afflictions, I vow to obtain wisdom and to obtain true understanding; I make a universal vow that the obstacles of all of my offenses will be eradicated, and that in life after life I shall practice the path of the Buddhas and Bodhisattvas.**

# **Merits**

**May the merit of my practice, adorn Buddha's Pure Lands. Requite the fourfold kindness from above, and relieve the suffering of the three life paths below. Universally wishing all sentient beings, friends, foes and karmic creditors, all to activate the Bodhi mind, and all to be reborn in the Land of Ultimate Bliss.**

# **Dedication of Place of Practice**

**We dedicate this place to the Three Jewels:**

**To the Buddha, the Ideal of  
Enlightenment to which we aspire;**

**To the Dhamma, the Path of the  
Teaching which we follow;**

**To the Sangha, the spiritual fellowship  
with one another which we enjoy.**

**Here may no idle word be spoken;**

**Here may no unquiet thought disturb our minds.**

**To the observance of the Five Precepts**

**We dedicate this place;**

**To the practice of meditation**

**We dedicate this place;**

**To the development of wisdom**

**We dedicate this place;**

**To the attainment of Enlightenment**

**We dedicate this place.**

**Though in the world outside there is  
strife, Here may there be peace;**

**Though in the world outside there is  
hate, Here may there be love;**

**Though in the world outside there is  
grief, Here may there be joy.**

**Not by the chanting of the sacred  
Scriptures, Not by the sprinkling of holy water,**

**But by own efforts towards Enlightenment**

**We dedicate this place.**

**Around this Mandala, this sacred  
spot, May the lotus petals of purity open;**

**Around this Mandala, this sacred  
spot, May the vajra-wall of determination  
extend; Around this Mandala, this sacred**

**spot, May the flames that transmute**

**Samsara into Nibbāna arise.**

# **Non Traditional Prayers**

## **The One Who Attained Nibbāna's Bliss**

**Our Lord Buddha, the Tathagata who's attained Nibbāna's bliss, Consecrated be your name, Your Eternal Dhamma, Teacher of Gods and Men. And if by deeds, speech or thought heedlessly, I have done anything wrong, forgive me, O Teacher, most wise. To avoid evil, do good – purify the mind, that is your teaching and so lead us on your path.**

**And by this truth, may all beings be well and happy.  
Sadhu (x3) (it means "well done", or "well said")**

## **Meal Prayers**

**Lord Buddha, I honor all living beings, who gave their lives and time with effort to bring this meal I have before me. I thank them by your name. Living by Dhamma, this food before me, I eat, not for greed, but to fulfil my hunger, to acquire the strength and energy for me to live, and eventually walk the path towards the final salvation of Nibbāna.**

**Sadhu (x3)**

## **The Essence of the Doctrine**

**I believe in the Lord Buddha, the King of Kings, Teacher of Heaven and Earth; and in the Dhamma, His word and teaching, his community the Sangha.**

**Which he discovered under the Bodhi Tree.**

**Born in the Gardens of Lumbini, he lived a life of luxury in the palace, then witnessed the four sights: an old man, sick man, dead man and a monk. He left his wife, the palace and his child to remove all desires. He practiced self torture and almost died. He then found the middle path, which teaches the practice of moderation, and then gained enlightenment, realizing the Four Noble Truths and the Noble Eightfold path.**

**There is suffering, but there are causes, and there are ends to it, and hereforth are the ways: Right Understanding, Right Thought, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness and Right Concentration. To do good, avoid evil and purify the mind, that is the teaching of all Buddhas.**

**I believe in the Holy Triple Gem, the Perfectly Enlightened Buddhas and the vast assembly of Bodhisattvas and aspire to walk the Middle Noble Eightfold Path to eventually attain the supreme bliss of Nibbāna.**



**Sabba papassa akaranam  
Kusalassa upasampada  
Sacittapariyodapanam  
etam Buddhana sasanam**

**Do good, avoid evil, purify  
the mind. That is the  
teaching of all Buddhas.**

**- Dhammapada 14:183**

**[youth.ti-ratana.org](http://youth.ti-ratana.org)**



**@tiratanayouth**